

u3a Orpington

learn
laugh
live



Chairman's letter

I will often tell people who stand still long enough to listen that I am 'passionate' about u3a. The organisation brings so much purpose, interest, but mainly joy to so many people.

That's why I envy our new members at the start of their exploration of all that u3a can offer them. Over the last few months we have had many new joiners and if you are one of them, I would encourage you to go along to a group as soon as possible. I can assure you that you will receive a warm welcome and that fresh ideas are always encouraged by our wonderful Group Leaders.

If you are an existing member, then remember to take a look at our new Interest Groups or consider joining one that is established. There is always something to do in Orpington u3a; we are very busy enjoying ourselves!

Oscar Wilde said "A passion for pleasure is the secret of remaining young", so I say do away with all those skin creams and join u3a instead!

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All telephone numbers quoted in the newsletter are as dialled from the Orpington (01689) Exchange

**The last day for receipt of copy for Newsletter No. 162 is Tuesday 19 November 2024
and for Bulletin No. 8 is Tuesday 22 October 2024**

**For contact details of Committee Members and Group Leaders
Please login with your Username and Password**

www.u3aorpington.org.uk

*New committee
members needed!*



Monthly General Meetings - Crofton Hall (2-4pm)

21 October - Les Misérables to Lion King. 40 years of the best loved musicals

Martyn worked for 40 years as a professional Opera singer. His career diversified with time into several associated areas of the performing arts including stage director, vocal coach and production reviewer.

18 November - Fire; a Century of the Volunteer Fire Brigade

Jo is a u3a Shared Learning Project advisor. A history of the years when firefighting depended on local altruism, covering the period from 1820 up to World War 2. During this period training for firemen was introduced and new technology was gradually developed, though this was mainly in urban areas. The talk uses photographs and other items from Jo's family history - four generations of volunteer firemen. Jo will bring a fireman's helmet to pass round, as well as an early 19th century fire bucket.

Monthly u3a Coffee Morning - BR6 Café

On the Tuesday following the General Meeting in Crofton Halls, we have our coffee morning in the BR6 Café, Orpington College, at 10.30am. Members are invited to join other members and group leaders over a cup of coffee or tea and a pastry for £3.50.



Solutions to Cryptic Crossword No 95

Solution to Cryptic Crossword No. 95
Across: 1 Endow, 4 Overstuffed, 9 Esperanto, 10 Avail, 11 Tetchy, 12 Bordino, 14 Oesophagyl, 16 Sport, 17 Arena, 19 Analgesia, 21 Notation, 22 Innate, 25 Tools, 26 Undersal, 27 Contender, 28 Cider.
Down: 1 Electromagnetic, 2 Depot, 3 Worship, 4 Oink, 5 Economical, 6 Shadows, 7 Unanimous, 8 Fellow traveller, 13 Catalogued, 15 Sweetcorn, 18 Artiste, 20 Generic, 23 Amend, 24 Ode.

GROUP REPORTS

Gardening Made Easy Summer Party



WHO DO YOU THINK YOU ARE?

Wednesday 6 November 10 am – 12.15 pm

Come along to the Meeting Room at Crofton Halls and discover more about your family tree!

Our Family History groups and other experts will answer your questions on how to get started, help you with organising your research or suggesting ways to proceed if you are stuck. Bring your laptops, tablets, photos or even crumpled bits of paper and we will do our best to help!

There will be 2 talks:

10.30 am – A Beginner's Guide

11.15 am – Solving Knotty Problems (Intermediate)

Free entry and refreshments

New Members' Meetings

These events are held several times a year for new members to meet with others new to Orpington u3a. They are social events and also a chance to find out more about the various activities on offer.

The next two are to be held on 25 September and 7 November, both at the Crofton Halls with a start time of 10.30am.

I will contact new members about the September meeting with more details. This notice is so new members can make a note of the dates.

If in the meantime if you have any queries please either email me or speak to me at the monthly Monday meetings at Crofton Halls. My contact email is under details of the Committee members in the Newsletter.

- New Members Liaison

Philosophy

Each member of this group chooses a subject and shares this with the other members. It leads to a very interesting philosophic discussion.

Our speaker gave a very detailed account and summarises it as follows:-

Lady Mary Warnock, brisk, shrewd and energetic, chaired the committee that produced the 'Warnock Report' in 1978.

It was the first in-depth look at the education of Special Education Needs and Disability children. The results formed the basis of the 1981 Education Act and have been influential ever since.

At the August meeting, our speaker gave a talk on Peter Singer, an Australian ethical and political philosopher best known for his work in bioethics and his role as one of the intellectual founders of the modern animal rights movement.

Singer's work in applied ethics and his activism in politics were informed by his utilitarianism, the tradition in ethical philosophy that holds that actions are right or wrong depending on the extent to which they promote happiness or prevent pain. In an influential early article, 'Famine, Affluence' people in affluent countries have a greater obligation to help those near them than to contribute to famine relief in Bangladesh." The only important question, according to Singer, is whether the evil that may be prevented by one's contribution outweighs whatever inconvenience or hardship may be involved in contributing—and for the large majority of people in affluent societies, the answer is clearly yes.

The publication of *Animal Liberation* in 1975 greatly contributed to the growth of the animal rights movement.

The most-important philosophical contribution of the book was Singer's idea that the species membership of a being should be relevant to its moral status.

He is an interesting man, with wide interests and expertise, but has lately become involved in some controversial ideas which many people might find abhorrent. Like many people with almost messianic beliefs, he probably crosses the line of what most people would find acceptable.



Android Users

Users meetings are held on the 3rd Wednesday of the month and will recommence after our summer break at 10.30am on the 18th of September at William's house.

We help those struggling with their Android phone or Tablet, whether having just taken it out of the box, wanting to know about the apps available or the use of the camera etc.

If you have any particular issues, things you would like to share with us, or other aspects of this comprehensive medium you are welcome to join us.

GROUP REPORTS

London Explorers

There are a few spaces left on the next **London walk with Kim, our Blue badge guide**

Thursday 17th October 2024 at 10.45. a.m.
Cost £10.00



Dogs to Docks and Cobbles to Crossrail - a look around Canary Wharf

This walk is a fascinating look at the history of the first development in Docklands as the West India Company sought to maximise their profits and helped to make London the richest port in the world. We will see the first area to be built in today's Canary Wharf and hear how the skyscrapers quickly took over. Coming into the 21st century we will end with the new Elizabeth Line station and a fabulous roof garden.



Cart Marking Ceremony

On Saturday 20th July a group of London Explorers led by Geoff & Jan caught the train from Petts Wood to Cannon Street & walked to Guildhall to watch the annual Cart Marking Ceremony which has been going on for 500 years. This was an early form of vehicle licensing as each cart which passes through the Guildhall Arch still pays the City of London 5 shillings (25p) & to prove you had paid a mark was branded on your vehicle. Nowadays the mark is burnt onto a small wooden numbered tile on the side of the cart which can take several marks for subsequent years. We saw a procession of about 40 vehicles ranging from hand cart, motorcycle, horses & carriages, old vans, bus, coach, army, RAF up to modern day electric waste disposal. Each vehicle came through the Arch & stopped in the yard to be greeted by the Lord Mayor & after paying their 5 shillings one of robed dignitaries from the Worshipful Company of Carmen stepped forward to brand a mark on it. An interesting morning & thanks to Jan & Geoff for organising it for us.

Visit to the Guards Museum

A small group of us visited the London Guards Museum for a very interesting guided tour.

We were shown the uniforms of the five Guards Regiments and informed how to differentiate between each (layout and number of buttons on the tunic and plumes on the bearskin) and the formation where they were lined up for battle. We were also told the difference between a bearskin and a busby (bearskin = Guards Regiments, Busby = King's Troop RHA). A bearskin is made from bears which are culled naturally which we tried on and are surprisingly light. We were shown French Standards captured at the Battle of Waterloo.

On exit we visited the Guards Chapel which was flattened by a VI rocket on June 18th, 1944 (anniversary of the Battle of Waterloo) during which a memorial service was taking place and 121 people were killed and many more injured. A beautiful, peaceful building.

An extremely interesting visit with many thanks to the friendly, knowledgeable guide, who coincidentally was a member of Bromley U3a.

MOTO 1

'Members on their Own' group continues to meet during 2024 at Hulbert Hall, Orpington Methodist Church on the 4th Wednesday of the month for a friendly get together, sharing time with members who live on their own whether single, through bereavement or divorce.

The aim of the group is that our members organise events that we can all share. So we meet during the month with activities organised by members. These can include coffee mornings, trips to the theatre both in Bromley or in London, local Sunday lunches, cinema visits, lunch at local restaurants. Details of events planned for the next months are published in the bulletin and newsletter.

Board Games

We have recently started a new board games group and we would like to add some new members! The group is for people interested in more modern types of boardgame such as Wingspan, 7 Wonders, Ticket to Ride, Pandemic, Viticulture, Azul and Agricola.

We think these boardgames are very varied and enjoyable and that playing them is a very sociable activity as well as excellent exercise for the brain. Meetings are currently arranged on an ad-hoc basis.



Matinee Theatre Group – Visit to Chichester

After a shaky start, with a broken down vehicle on the motorway, 39 of us from the Theatre Matinee Group went to the Chichester Festival theatre to see the musical Oliver.

It was choreographed by Matthew Bourne so we knew we were in for a treat. It did not disappoint. Everything about the performance was magic.

There were lots of children in the cast as you would expect and they were so professional it was hard to believe they were so young.

The sets were amazing and slid effortlessly from one scene to another. The acting and singing were of the highest standard. There was rapturous applause all through the production and the finale was mind blowing.

If you love musical theatre I urge you to see this production, which is transferring to the Gielgud Theatre on 14th December until 6th April. I shall certainly be going again.

A big thank you to Pauline and Gordon Wells for their meticulous planning and for the lovely food at the restaurant they picked to stop at for lunch before the performance.

, Member, Theatre Matinee Group

Line Dancing

Our popular Line Dancing class takes place on the 2nd Tuesday of the month at St Paul's Church, Crofton from 11-12.30 pm.. Come along and laugh whilst keeping fit with our teacher, Shirley. No partner required.

GROUP REPORTS



Walks

Walks are on the 3rd Wednesday of the month, starting at 10am unless stated otherwise.

All walkers join the walks at their own risk. New walkers are welcome to join any of the walks - but please telephone us before coming on your first walk.

Please ensure that you wear suitable footwear for the walks. Note that the walk description is only a brief guide, not a complete breakdown of the walk.

PROGRAMME FOR THE COMING MONTHS

Wednesday 16 October – Green St Green to High Elms,

returning via Farnborough Village This is a 3 to 4 mile circular walk which includes a couple of steep hills so may not be for everyone. Meet in the car park of The Buff pub in Green St Green. The Buff and a number of cafés are available for refreshments afterwards.

Wednesday 20 November - St Mary's Cray

This is 4 mile circular walk around St Mary's Cray and surrounding fields. No styles, a few small inclines. Given it is November, it may be muddy in places, so walking boots are advised.

Meet at the junction of Northfield Avenue and Chelsfield Road. The R4 bus from Orpington high street, destination Paul's Cray Hill, stops on Chelsfield Road at Northfield Avenue.

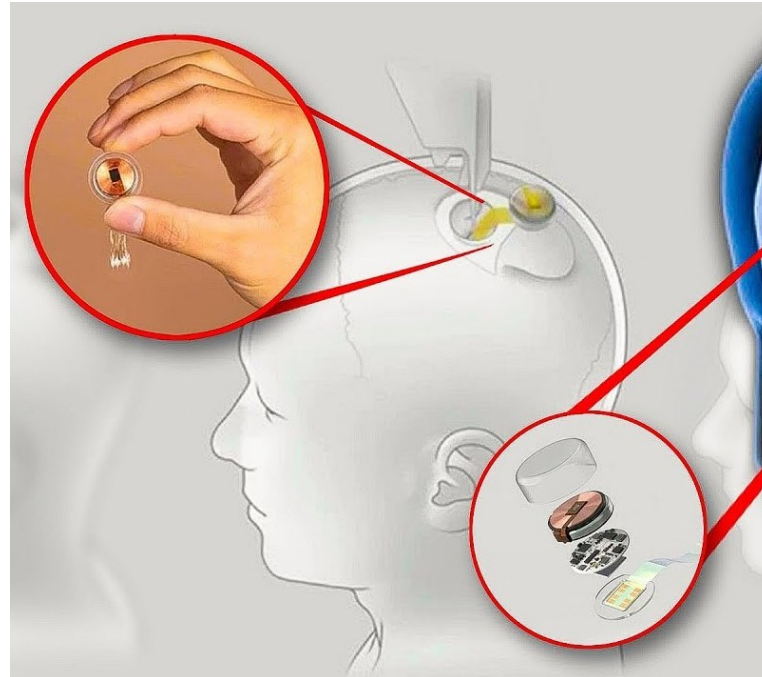
Opera and Ballet Appreciation

This group is looking for a new leader or it will have to close

Science and Technology

We began the Autumn term with a thought provoking talk from Duncan Waide entitled 'The Plastic Brain', inspired by the book [Livewired](#). The embryonic brain has only a few pre-programmed basic instincts. After this, by interacting with the environment learning is rapid and the adult brain eventually has 100 billion neurons with 100 trillion connections. External stimulation is essential for normal brain development and, also to aid repair after brain injury.

Artificial devices are now being developed which, when implanted into the brain, have the potential to 'teach' the brain how to experience new stimuli (e.g. infra-red, UV, magnetic fields, echo location) and can enable amputees to move their prosthetic limbs by thought alone. Individuals with quadriplegia are currently being recruited by [Neuralink](#) to trial a brain-computer interface so that they can learn to control a computer by thought and thereby recover some autonomy. One day it may be possible for us all to increase our cognitive capabilities by having direct links to AI - which sounds both amazing and somewhat disturbing.



Can you make a cup of tea? Do you have a friendly smile?

We need help at the monthly General Meetings (3rd Monday of the Month) in Crofton Halls.



We have a rota of volunteers to help with serving refreshments and greeting new members at the door — it's a great way to meet people.

For more information please contact Sue

GAMES AFTERNOON

Our annual games afternoon in conjunction with Bromley and Beckenham u3as. Come and play a selection of card and board games, puzzles and jigsaws



Free entry and refreshments!

WEDNESDAY 25 SEPTEMBER

1.30 - 3.30 p.m.

United Reform Church, Widmore Road

This is a new initiative and it feels like it has u3a written all over it. It is aimed at people who love music and would be interested in immersing themselves in it for a day and enhancing their enjoyment.

Join Bob Porter and the Brandenburg Festival Chorus on a VIP discussion day studying the Fauré Requiem

Join highly experienced choral directors Bob Porter and David Wordsworth in a closely tutored day introducing the Fauré Requiem and other works in a relaxed and approachable way. No musical experience necessary – this small and exclusive (limited to 10 guests) group day will give you a glimpse behind the curtain to understand why and how the performance is prepared.

.November 4th 2024 is the 100-year anniversary of Fauré's death.

To mark this special date we will be performing his iconic Requiem setting twice.

In Holy Sepulchre, London on November 2nd and in his own church l'Eglise de la Madeleine in Paris on November 5th.

The Brandenburg Festival Chorus will be conducted by a real Brandenburg regular - David Wordsworth.



London November 2nd VIP Discussion Day

12.30-2.00: introductory lecture

2.00-2.30: light lunch will be provided

2.30-3.00: joint discussion with Bob Porter and conductor David Wordsworth

3.00-6.00: observing the Brandenburg Festival Chorus rehearsal with Bob analysing and commenting on the rehearsal points

6.00-7.30 Free time for dinner

7.30 VIP ticket for the concert (includes refreshment, a programme and a reserved seat)

The Fauré Requiem is the main work being performed but the concert will also include:

Bruckner Locus Iste

Stanford Beata quorum via

Holst Short Festival Te Deum

Holst I vow to thee, my country

The package includes scores of all the works performed.

Summary – the London Package includes

Introductory lecture

Light Lunch

Private Q&A discussion with Bob Porter and David Wordsworth

Tutored rehearsal observation

VIP concert seat with refreshment and programme included

London Package cost is £90 –

The second concert is in Fauré's own church l'Eglise de la Madeleine, Paris on Tuesday 5th November

Tickets are not yet available for this concert but If there is sufficient interest, we will put a package together once tickets have been released.

In Paris on Tuesday 5th November our schedule is

Rehearsal 2.30-3.45

Concert 4.00

Travel

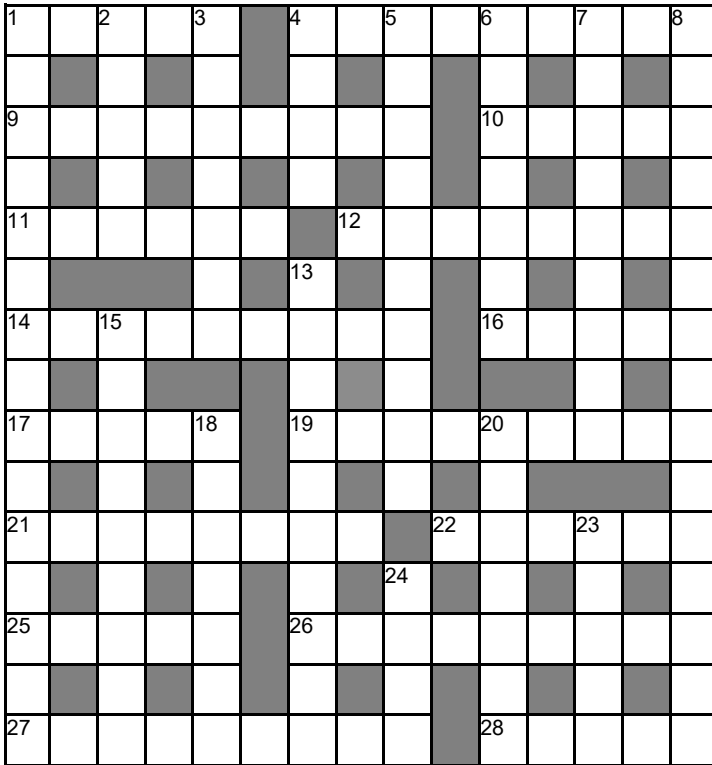
It can be done as a day return trip on Eurostar.

The Paris Package is still provisional

PUZZLES

CRYPTIC CROSSWORD no. 95

Submitted by Cryptic Crosswords 1



SUDOKU

	2	7			5	4		
	3		8					
	4			1		5	3	
	6		4					
	7			8		1		
		5					2	7
	6		9	1			4	
	7		9		2			
	2	1			3			9

Across

1. Primarily everyone needs donors of wealth to provide property or income (5)
4. Deliveries and unspecified material to pack too much into (9)
9. Spare note written in an artificial language (9)
10. To be of use or advantage, regularly eat veal in little portions (5)
11. Peevish, having time to cut into the surface with unknown quality (6)
12. Noisily disapprove of holding a sculptor in the middle of the battle (8)
14. Passages for digested sago I hope (9)
16. Predicament taking a run for amusement (5)
17. An enclosed area for 16ac perhaps (5)
19. Painless effect of using numbers (9)
21. Marginal note to go back in the country (8)
22. Consumed at the bar, seen to be congenial and in your blood (6)
25. Small room in a back street for drills perhaps? (5)
26. UN leaders manufacture an automotive corrosion retardant (9)
27. Defraud easily crushed or bruised competitor (9)
28. Cried over an alcoholic beverage? (5)

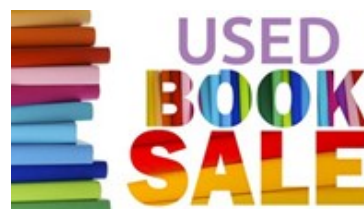
Down

1. Choose, good in Roman, and return quote describing attractive power (15)
2. Rejected, drank habitually and excessively, finding a warehouse (5)
3. Fractured rows with very fashionable regard for esteem and adoration (7)
4. Initially only I need know it is the grunting of a hog (4)
5. Financially rewarding gangster becoming prudent and thrifty in management (10)
6. In the dark places allow displays taking notice (7)
7. See how the UNO and USA have little time returning to be in complete harmony or accord (9)
8. Chap and one on the move for a companion (6,9)
13. Listed the alteration of coagulated constituents (10)
15. Maybe cows enter to eat this crop (9)
18. Striate confused performer? (7)
20. The oxygen ericaceous plants contain is unspecific (7)
23. Perhaps noon? Looks like it (5)
24. Rode around the river (4)

Solution on page 2

18th November - BOOK SALE

There will be a book sale at the November meeting. Please bring some cash if you want to buy, and paperbacks only, if you want to donate. Although we're happy to accept gardening books in hardback. Thank you



This Newsletter contains personal data

Please do not leave a printed copy in a public place and dispose of it responsibly, preferably by shredding all contact details
Thank you

Access to Interest Group Information

There is a full list of existing Interest Groups with group information including times, days, and venues on the website. Group Leader contact details are also available but as these are confidential you will need to Login with your Username and Password to access this information.

The list is updated regularly and is sent to all members, 3 times a year, with the Newsletter. All members will have been sent the 'Orpington u3a Interest Groups List' (a paper copy for those without email or Internet access)

Please keep the list safe and contact the Group Leaders directly if you have any questions about their group.

A message from our Committee



Orpington u3a needs a Committee to keep it running
We are looking for members to join our friendly team
Why not come along to one of our Committee Meetings to see what we do and consider helping?
For more information, speak to any member of the Committee or contact Sue:

Orpington u3a Website

Please check our website regularly for updates about events and Interest Groups

www.u3aorpington.org.uk

Please share the information with u3a members who don't have online access

Autumn Events Programme - London Region of U3As

Monday 30 September: Guided Walk - Spitalfields: a melting pot for so many immigrants including French Huguenots, Germans, Jews, Bengalis and beyond.

Wednesday 9 October: U3A Wellness Day in the dance studio at Lift Islington. Talks and practical taster sessions led by qualified instructors in Yoga, Pranayama, Tai Chi, Qi Gong and Pilates.

Thursday 17 October: Guided Walk - London's Black history, Tyrants, Colonialism and Slavery.

Thursday 17 October : Guided Visit - London's Black History, Black presence in the National gallery.

For further details and links to booking forms for each event click on this link to the Events page of the London regional U3As website. Based on previous experience we expect tickets to sell quickly. Online booking is highly recommended to avoid delay and disappointment in booking confirmation. Information and launch of bookings for the November and December events will be sent out towards the end of August. Rikki Wallman -

London Region Events Team - bookings.lru3a@gmail.com